PEACE OF MIND

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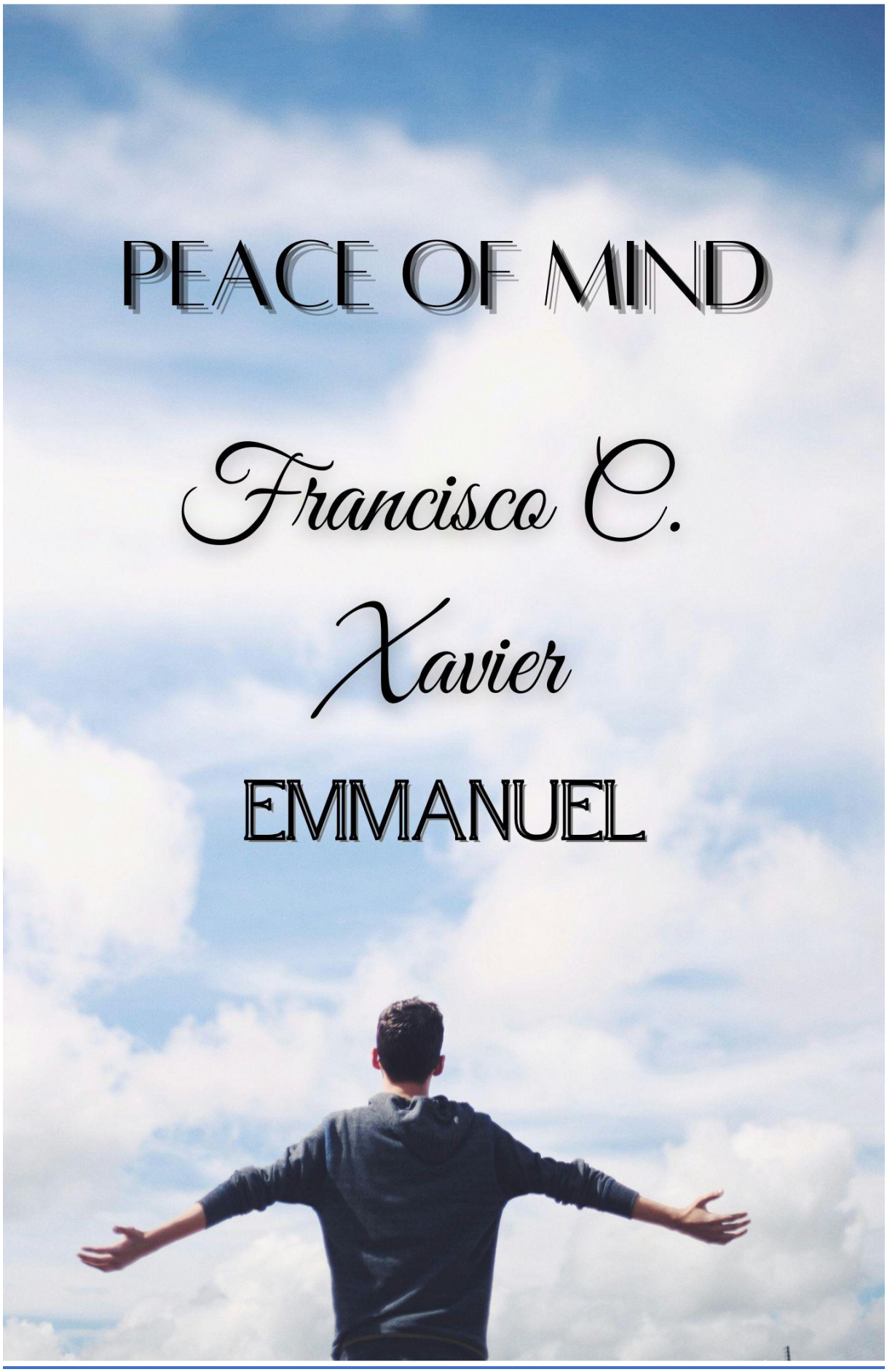
EMMANUEL



PEACE OF MIND

Today, everywhere on Earth, we have to solve an essential problem: The acquisition of peace of mind, which is the basis for the other problem solutions that besiege the soul.

But what guidelines should we adopt to achieve such a goal? Should we use force, impose conditions, or create circumstances?

We are aware, however, that tension can only hinder the flow of creative energies emanating from the hidden areas of the spirit. By doing so, we exacerbate conflicts and mask the profound realities of our intimate lives, which are usually manifest.

On the other hand, peace of mind excludes haste and restlessness, to stop and consolidate itself in serenity and understanding.

To acquire it, therefore, it is urgent to surrender our syndromes of anxiety and anguish to the invisible providence that supports us.

Current psychological sciences refer to it as "the creative and active power of the unconscious." To simplify these concepts and align with our faith, we call it "the omniscient power of God within us."

Surrendering to God's designs and trusting Him with the complex issues in our daily lives is essential for reaching tranquility and maintaining balance in our inner world to conquer life's ideal performance.

Thus, we should leave the dark side of our evolutionary journey to God's account, but without neglecting our part of the duty.

Working and waiting, doing the best we can.

Living with faith and service, calm without idleness.

Let us think about it and cast off the burden of the destructive agents of hatred, resentment, guilt, condemnation, criticism, or bitterness that we usually drag around in the clay of hostility with which we treat life.

Such behavior frequently undermines our time, health, opportunities, and interests.

Let us ground our peace of mind on a clear and fair conclusion: God, who has sustained us until now, will also sustain us tomorrow. In short, let us remember the Gospel text that wisely warns us:

"If God is for us, who can be against Him?"